

The IADA News

Newsletter of the
Indiana Activity Directors Association
*Indiana's professional and credentialing association for
Activity Professionals in Long-term Care, Assisted Living, and Adult Day Services*



First Quarter 2016

BEING A FRIEND

By; Terri Dickus, interim editor

I love to scour quaint neighborhood shops wherever I am. There are always so many wonderful handcrafted things and other unique items for sale that you cannot find anywhere else. When we have our conference in Brown County I usually try to stop in at the little shop that makes the soaps and lotions and make purchases to give as gifts throughout the year. Another place I love to go is the glassblower in Nashville. It is so much fun to choose beautiful handblown ornaments for the people I love.

Several years ago, during one of my shopping adventures I came across a framed crewel piece that I just had to have. The words carefully embroidered struck me so profoundly that it has been hanging in my office ever since. I even added the saying to the bottom of my emails.

Here it is; **“A friend hears the song in my heart and sings it to me when my memory fails.”**

As Activity Professionals that is what we do, or should be doing every day for the participants in our programs. As their memory fails personhood is lost. They begin to lose their identity. It is our job, **NO**, our responsibility to learn as much about the person as possible. Not just the history, but **also hopes and dreams**. What kind of parent was he/ she? What were his/ her passions? There is a song recorded and written by Twila Paris that says something to the effect that I am still the same person, the same hopes and dreams. The same things make me laugh or cry.

Once you know the things a best friend would know you can hold personhood in your hands and remind your participant of the awesome person God created.

KEEPING YOU INFORMED by Barb Eckert

2016 promises to be an exciting year with educational opportunities being offered. Some of the upcoming events include Spring Workshop March 10 & 11 (brochure have been mailed and are available on the IADA website); Summer Technology Workshop June 30 & July 1 which you will need a laptop, computer or some type of electronic device as this is hands on (6 hours of education) and you only attend one day with class size limited to 40; Fall Conference is October 12-14 at the Season's Lodge in Nashville, IN.

We are starting to work on the 2016 Membership Directory and I wanted to offer some pointers to you. Please know that you can type your membership application on our website

www.indianaactivitydirectors.org you cannot save it but you can print it out. Sometimes we get applications that are difficult to read. The information that you complete on the application will be in the directory; in addition, the information you leave off will not be in the directory. Sometimes applications are submitted completely filled out. Sometimes the applications are missing email addresses, personal phone numbers, facility phone numbers, etc. and whatever is missing will not be in the directory. For example, sometimes the email address line is blank and we don't know if the person no longer has email, if their email has changed or if they just don't want it listed or if they were just in too big of a hurry so we use the guidelines that the empty blanks will be empty blanks in the membership directory as we do not want to print incorrect information. Please make sure that your handwriting is legible.

District meetings should provide quality education each time meeting. Presently, there are some districts that are struggling and meetings are not being held and other districts are inviting those members to their meetings. If you are in a district that is not meeting and are interested becoming involved please contact IADA. For those districts meeting what type of education are you providing? How do you contact those facilities that are not attending or are not a member? Do you send notices to non-members or just members? How far in advance are members reminded of the meeting is it more than one week (remember activity calendars are made one month ahead of time and some activity directors have calendar deadlines by the 15th of previous month)? Bottom line is education helps the activity director which in turn benefits the elders they serve.

As a member of IADA do you support the officers and this association? Are you one that sits back and states it is always the same people running for office – nothing changes? Let me ask you, what have you done to help make those desired changes? Are you willing to be an educational speaker? Are you willing to serve on a committee? Are you willing to lend a hand? Are you willing to coordinate this newsletter? Are you willing to be an officer? Are you willing to host a meeting? Are you willing to make phone calls? Ask yourself what can I do? There is a difference between the facility & individual memberships. A facility membership is held by the facility and an activity director is named to represent that facility. The mail is mailed to the facility. Sometimes addresses listed for the facility do not match what is in the IADA database and a phone call is made to the facility to validate the address change. If the activity director leaves that facility the membership stays with the facility. An individual membership is held by the activity director. The mail is mailed to the activity director's home unless requested otherwise. If the activity director leaves a facility the membership goes with the activity director. If a membership is paid with a facility check the membership is automatically a facility membership no matter what is marked on the application.

Did you know that NCCAP is hosting a MEPAP Instructor Refresher Course on Saturday, March 12. This may not be something you are involved in but this is big for Indiana as every MEPAP Instructor received the brochure about our Spring Workshop which they have the opportunity to gain additional education. IADA and Rowlett & Laker are partnering with NCCAP to provide this education to MEPAP Instructors.

Did you know that NCCAP offers weekly educational chats? These chats are eligible for 1 hour of education applied through NCCAP. Information is available on the NCCAP website www.nccap.org

Upcoming events and deadlines

I.A.D.A. AD Course begins February 6 (more information on the IADA website). Course taught by Glenda Dearth and held at Drury Inn, Indianapolis. Any questions please call Glenda at 765-618-6426.

Spring Workshop March 10 & 11 at Drury Inn Northeast on Shadeland in Indianapolis. Flyer is on the IADA website. Hotel rooms are \$99 for two queen beds and \$109.95 for King bed. All reservations must be received at the Drury by Sunday, February 10 after this date the hotel will release unreserved rooms for general sale. Even if you are planning to go and are waiting on an answer from your boss it would be better to make the reservation and be guaranteed a room. There will be registration the night before for those staying at the hotel and more information will be available when you check in.

In 2016, as an IADA member you have the privilege of staying at the Drury Inn, 9320 N. Michigan Road, Indianapolis for \$80.00 per night plus taxes. This can be for any of AD courses or if you are going to be in that area and need a hotel room for personal/family get togethers. BizTrip Corporate ID #324886. The rate is for this hotel only on Michigan Road but there is a discount at other Drury Inns.

In honor of Activity Professionals week the poem that is listed tells the story of how each and every day we make a difference in the lives of those we serve. Each activity professional gives from the heart. Read the poem and think about the things that you do with those you serve.

Grandma's In A Nursing Home

Grandma's in a nursing home, what does this mean?
She can't live alone anymore. Doesn't that seem *mean*?
Grandma sat in her living room chair all day, as happy as can be.
She can't stay in her home anymore, now she says, "Whoa is me!"

Two months later....
Grandma's in a nursing home, what does this mean?
She's living somewhere else where there are no dishes to clean!
She doesn't have to dust the house and she goes to bingo once a week.
A nurse watches over her, so her creaky bones don't creak.

There's exercise daily, socializing and games.
She's made lots of new friends, too many for me to name!
The doctor makes "house-calls" and she doesn't wait in line.
She says the meals are quite tasty, "They use recipes just like mine!"

Crafts take place on Fridays, and card club is twice a week.
And there's someone there to help her if her bladder starts to leak!
Musician's come to entertain, and they play just down the hall.
Someone's always nearby to assist her, to help prevent a fall.

Hmmm...a dice game in the parlor, or a new movie showing?
No more worries about snow shoveling or a lawn that needs mowing.
She made scones today in kitchen club and served them at a "Tea."
When we come to visit her, we never know where she might be!

Is she in worship, attending current events, or a reading of Edgar Allen Poe?
She's seldom found in her room anymore, she's always on the go!
When it comes to going places, her repertoire has changed.
A fishing trip, a greenhouse visit, even a boat ride was arranged!

Grandma says, "The staff are really good to me, they really are so kind.
I don't know what I'd do without them, I'd be in a real bind."
She still has her living room chair, for when she wants to sit a spell.
She says, "When I need any help, I just push this call-light bell."

Grandma's in a nursing home, it's no longer, "Whoa is me."
We've all come to realize, it's the right place for her to be.
When she goes to bed at night, we know she's not alone,
She's living in another place, a new place that she calls "home."

By Barbara Konuszewski, Activity Director
Huron Woods Nursing Center
Kawkawlin, Michigan

FROM THE DESK OF TOMME OWENS

Accreditation Renewals

2015

Dozier, Julie

Graves, Natasha

Hammons, Lori

Rowe, Glenda

Turner, Valerie

I will work with these people for the next couple of weeks.

2016

Anderson, Nancy

Bilskie, Nancy

Burcham, Glenda

Cullison, Janis

Daniel, Gail

Dickus, Terri
Eckert, Barb
Hartwell, Sharon
Owens, Tomme
Maynard, Megan
Murphy, Sherrie
Musser, Vi
Nash, Jennifer
Swing, Darlene
Thomas, Erica
Wardlow, Susan

Spring Workshop March 10 & 11, 2016

Drury Inn, Shadeland Ave. Indianapolis

Speaker is Cindy Bradshaw, Executive Director of N.C.C.A.P. Brochures have been mailed and are available on the IADA website www.indianaactivitydirectors.org

News from District 1

December happenings at the Residences at Deer Creek (Schererville, IN) kept everyone busy and jumping for the holidays. We enjoyed a variety of musical entertainment, dancers, tree decorating, caroling, cookies, and hazelnut liquor eggnog. Among the mix of holiday revelry we enjoyed a hands on painting class with Clark Middle School honor society. Each resident was partnered with a student who helped them complete a snowman picture with the guidance of their art teacher Ms. Wazsak. Also pictured is our ladies group who serves at our monthly veteran's get together and dinner. The ladies made their own Christmas aprons to wear at the December event.



News from District 4

This is a story about Indiana Activity District 4, Glenda Burcham has been decorating a Christmas tree at the Paramount theatre for the past 16 years, and the trees are decorated by volunteers and then auctioned off to the highest bidder to make money to keep the paramount theatre going which is a landmark here in Anderson. She has had many themes, colors and helpers throughout the years. One year every district was ask to collect items from their districts representing the state of Indiana that tree was a smaller tree and it still went for a good bid to help the paramount theatre. Most of all she had the help of a very good friend, who later became her husband. Glenda and Johnny really enjoyed decorating a tree every year. They so looked forward to it that; they bought all the decorations they could the year before, so they could catch decorations on sale. That's what they did in 2013, they bought all kinds of red, black decorations and plenty gold ones to go along with them. During the year of 2014 luck wasn't to be very kind to Johnny and Glenda, Johnny contracted a very rare and aggressive cancer and also at the same time Glenda became very sick and had to spend several weeks in the hospital. There

was chemo and bone marrow transfusions and tests and they weren't able to decorate a tree in 2014. Johnny passed away in early 2015. Paramount staff person called Glenda and said how much they missed having tree from the Indiana Activity Director Association

In 2015 Glenda and Debbie Conlon decorated another tree at the Paramount in memory of Johnny, with the ornaments and decorations that she and Johnny had picked out 2 years before also other decorations were added. One of the items that were added to the tree was music notes and angels. One thing that came to mind about Johnny is how he loved music and always said God gave him an angel here on earth which was Glenda cause he knew how she touched everyone she took care of, including him. Glenda always replied to him that God gave her the inspiration to become an Activity Director, through her mother. Her mother was in a Nursing home and as her health got worse she was left out of events that were going on because she became a little more difficult to handle and less able to vocalize her wishes because of her health. Glenda's mother always loved window shopping and continued until the end of her life. Glenda would drive from Kentucky to Indiana every weekend to come to the nursing home and literally pick her mother up in her arms and put her in the car to take her window shopping; because the nursing home would not. At that time she said that would not happen to another person. So this beautiful tree this year was Glistening Memories in memory of Johnny sold for \$900.00 to the state representative

Next meeting: District 4 meeting will be held on Feb 18th at Westminster Village/Muncie 4:00 **pm**



News from District 5

Janice Heath sent in an inexpensive craft idea.

<http://www.icreativeideas.com/creative-ideas-diy-pasta-snowflake-ornaments/>

Career Opportunities

Check out the IADA website for job postings.

Volunteer Position

IADA is looking for an editor for the newsletter. Call Barb Eckert for more information.

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(information about each listed on our website)